MOVE

17

CRAM!

"You know you were supposed to be studying all those times you were playing, but there's nothing you can do about it now. Don't give up. Grab your cup of coffee and cram!" – Olaniyi Evans

During my MSc exams, I had a few hours to study 12 huge topics on *econometrics*. I had been absorbed in dragon-riding and head-lopping action in *Game of Thrones* and crime-tastic melodrama in *Breaking Bad*.

The night before the exam I did not sleep at all. I employed every mnemonic you could imagine. The exam questions were God gifts; all the answers were fresh in my mind. I walked out with an A overall. But after that day, I forgot everything and felt empty.

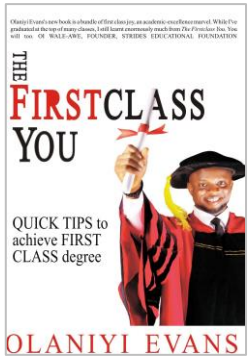
According to a study published on BBC, 99% of students admit to cramming at least once. The study shows that even "good students" do cram sometimes. Cramming can be

effective in some circumstances. However, much interesting research has shown that there are better alternatives to cramming, as shown in every part of this book.[1]

But exams are around the corner, and you haven't done any studying all semester! You know you were supposed to be studying all those times you were playing, but there's nothing you can do about it now. Don't give up. Grab your cup of coffee and cram!

The above nuggets are extracted from the book: **The Firstclass You**. For more, you can download the book at:

https://payhip.com/b/bupt



[1] Hartwig, M. K., & Dunlosky, J. (2012). Study strategies of college students: Are self-testing and scheduling related to achievement?. Psychonomic Bulletin & Review, 19(1), 126-134.

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